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Holiday heaven



thenewhammag

issue 224 // 8 – 22 July 2011



The beach is back

Mayor's Newham Show
16-17 July (p20)

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The sun is out and so should you be, with all the great summer activities we're featuring in this issue! The annual Mayor's Newham Show is hitting Central Park, East Ham on 16 and 17 July, so take a look at what's in

store in our six-page special (p20-25). We've got the summer holidays sorted too with our Summer Guide (p12), with all kinds of activities for your young ones. If those don't tickle you, don't forget our local listings in every issue (p34-38). We're also showing you how to get more involved in your borough: quiz your councillors in forthcoming issues of the mag (p9) and sit on a people's panel affecting local decisions (p29).

Cllr Neil Wilson

Executive member for equalities and social inclusion

Don't forget – If you live in Beckton, Green Street, Manor Park, Plaistow and Stratford and West Ham community forum areas, look inside for local news and events in In Focus.

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IN BRIEF //

Stadium legal challenge rejected

Bids by Tottenham Hotspur and Leyton Orient for a judicial review to block Newham Council and West Ham United's move to the Olympic Stadium in Stratford were rejected by a High Court judge. Both clubs are set to make another legal challenge.

They started the battle after the Olympic Park Legacy Company board voted in February to make the council and the Hammers the preferred choice to move into the stadium after the Games.

Railway disruption

There will be no service on the Docklands Light Railway between Canning Town and Beckton on 16 and 17 July.

There is no service on the Hammersmith and City line between Kings Cross and Barking via Newham stations on the same dates.

Enforcers cop an award

Newham's police licensing team, which with the council has closed 60 brothels and helped cut the serious crime linked to pubs and clubs by 60 per cent, has won a special recognition award at the Metropolitan Police Service Annual Awards.

Det Insp John Cushion of the Newham Police Proactive Licensing and Enforcement Team said: "We work with the council and others to stamp out serious crime, exploitation and illegal immigration."

Time to CREATE

Theatre, arts, festivals, talks and dance merge to bring a month of artistic entertainment at this year's CREATE11 Festival.

The annual summer festival has more than 200 events taking place across all six Olympic host boroughs. Find out more by visiting www.createlondon.org

Councillors dish out praise for school menu

Newham councillors Unmesh Desai, Mukesh Patel and Paul Schafer tucked in when Little Ilford School in Manor Park staged its own version of the Channel 4 TV favourite Come Dine with Me.

The councillors were asked along with students to judge the quality of the school canteen's menu and provide feedback on dishes. The information will be used to help build healthy balanced menus in the school.

They tucked into a varied number of items that included lamb and Tuscan bean soup, spicy chicken, vegetable lasagne with garlic bread and shepherd's pie.

Newham was among the first councils to offer a menu in line with the Government standards on health and nutrition.

Councillor Patel said: "There was a wide choice of excellent food, well balanced and healthy. The pupils are very lucky and the staff take great pride in what they cook."



From left: Cllrs Patel and Desai tuck in with students

Flying the flag to support armed forces

A flag-raising ceremony has taken place at Newham Town Hall in East Ham to show appreciation for the work carried out by the armed forces.

Newham Mayor Sir Robin Wales joined councillors, cadets from the 282 East Ham Squadron Air Training Corps and residents to mark Armed Forces Day, the annual national campaign that gives everyone the opportunity to support men and women of the services past and present, including currently serving troops, families, reservists, veterans and cadets.

Councils were asked to fly a support flag for up to a week, culminating in Armed Forces Day on 25 June.

Sir Robin said: "We fly the flag to recognise the bravery, past and present, of the men and women of our armed forces who consistently rise to the challenge we ask of them, no matter what difficulties they face.

"They defend our interests every day by promoting peace, delivering aid, providing security and fighting terrorism. They make many sacrifices to keep us safe and totally deserve our support."



The flag is raised at the Town Hall

Pupils inspired by the Games

Newham councillors Clive Furness and Paul Schafer along with Young Mayor Ali Mohamed joined Lord Seb Coe, chair of the London 2012 Organising Committee, at Canning Town's Eastlea Community School to see how young people are being inspired by the 2012 Games.

They watched demonstrations by the school's sports leadership students and took part in question and answer sessions with students.

In recognition of the work the school has been doing to inspire students about the 2012 Games, it received a Get Set Network Plaque, which acknowledged the school entering London 2012's education programme.

Young Mayor Ali said: "The pupils were a credit to their school. We all want to take advantage of the opportunities the Games have created to be more active, try new sports and arts and loads of interesting activities."

Lord Coe said: "I'm thrilled to have seen how inspired Eastlea's students are by the Games."



Ali Mohamed (r) quizzes Lord Coe (l) watched by Cllr Furness (centre)

Victory for disability sports stars

A team of young disabled people from Newham have become the Panathlon champions of London after a fantastic day of sporting activity.

The Newham youngsters aged from eight to 18 beat teams from Haringey, Harrow, Lambeth and Croydon at the Westway Sports Centre.

The Panathlon Challenge delivers sporting opportunities and "mini-Paralympic" type competitions for young disabled people. More than 1,000 young disabled people from 30 boroughs had been competing since January with the aim of getting to this final.

The finale saw 250 athletes with severe learning difficulties and/or physical impairments compete in the sports of boccia, new age kurling, football, polybat, table cricket and athletics.

Councillor Neil Wilson, executive member for equalities and social inclusion, said: "The Panathlon challenge is a fantastic opportunity for young disabled people from Newham to take part and enjoy sporting competition. We congratulate them on their great result."



The victorious Newham team with their trophy

Pupils finding time to consider the future

Blazers, ties for each year group, foreign coins and school reports were just some of the items buried in a time capsule by pupils at East Ham's Langdon School.

The capsule was buried to mark the start of Building Schools for the Future works, which will see the school refurbished and a number of facilities extended. This will take the school from being a secondary to an all-through school where children can also attend primary school on the site.

The capsule was buried at the site of the school's new dining area and kitchen block and will be opened in 100 years.

Councillor Quintin Peppiatt, executive member for children and young people, said: "The BSF money awarded to Langdon School will transform the school for all pupils and provide more opportunities and a greater range of services."



Cllr Peppiatt, right, helps pupils bury the capsule

The effort must be rewarded

For many, the idea of owning their own home is a dream. But high prices mean the average age of the first time buyer has been pushed up to 38.

So it's no surprise to find more people than ever are on the waiting list for council housing. Here the waiting list is 28,000 people long. Even though we're making 800 properties a year available we are still being forced to make some tough choices.

In the past, council housing has been allocated to help certain groups in need. But that means it's harder for working people to get the support they need.

“It's now time that effort should be rewarded and we intend giving priority to people in jobs when we allocate council and social housing.”

In other boroughs, too many people in minimum wage jobs are left to fend for themselves. There is always someone needier in front of them in the queue, it is claimed. But that's not the Newham way.

Welfare support should always be there as a safety net in times of need. But we think it should also recognise and reward contribution. Workers and families on low earned income should

not be excluded, they must benefit. A council housing system that casts families on low incomes into the cold is just daft.

It's now time that effort should be rewarded and we intend giving priority to people in jobs when we allocate council and social housing. It finally enables us to offer real support to people who have been neglected for too long.

We must recognise too that many residents live in private rented housing that is not always up to scratch. That's why we are taking a hard line. Bad landlords are not welcome here and our pilot Neighbourhood Improvement

Zone requires all landlords to register and meet basic standards.

We also want to become a player in the local market and act as a private landlord, setting the standard for good rented accommodation in our borough. We are pushing for a change in the law, which currently blocks us from doing this.

I also want to offer a shared equity scheme for low to middle income earners so that people have the chance to get on the property ladder. Tenants can buy half the property, but they won't be charged rent on the half owned by the council.

Wherever they're living, our residents deserve a decent home.



Mayor's view

Free visitor parking permits

I am always on the side of our residents and sometimes that means taking unpopular decisions. When we introduced Residential Parking Zones (RPZ) it was to protect residents from an influx of drivers, coming from outside the borough and using Newham as a giant car park, because they work here or want to benefit from our public transport links. These cars were coming in during the day and stopping residents from being able to park in their own roads.

It's natural for people to object to paying to park on the road in which they live. I listened to your concerns at my surgeries and Question Times and I do understand that position. So I acted: in 2009/2010 I made a promise to you that every household in an RPZ would receive its first parking permit completely free. In 2010/2011, we issued 17,339 of these free permits and today around 18,113 residents benefit from this relief.



This year, I am going one step further. In inner city London, we don't all have cars, but we all know someone who does. I see no reason why residents without cars should miss out, so I have promised 30 free visitor parking permits to car-less households living in an RPZ. These vouchers allow visitors – friends, family, people doing work in your home – to park in the

RPZ, and represent a saving of up to £150 to each household that qualifies.

Our borough is changing, and that change will bring more and more people to our doorstep. I embrace that change, but my primary concern is making sure your lives are improved by it. I will continue to listen and work hard to ensure that.

Show up for some fantastic fun

I hope to see as many of you as possible at the Mayor's Newham Show in East Ham's Central Park next weekend. Once again it will be two days of fantastic free fun for the whole family.

You can relax on a real beach as

Newham goes to the seaside, enjoy games and competitions at the Newham Village Fete or see live music, cabaret and dance. There is also a host of sports and health activities, children's entertainment and a funfair.

And don't forget to save some special cheers for all the children taking part in the colourful carnival procession on Saturday.

Visit www.newham.gov.uk for all the details.

with Sir Robin Wales



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QUIZ YOUR COUNCILLORS

Do you know who your local councillor is? Or what they do? Would you know who to go to if your bin wasn't collected, or if you had concerns about parking controls in your area?



The council is made up of a directly elected Mayor, 60 elected councillors and thousands of officers. Even though they work together for you, their roles are very different. Understanding how the council works helps you to get the most from it.

Councillors...

- are democratically elected politicians who represent their local community. They must either live or work in the area
- are not employees of the council or paid a salary. They do receive an allowance
- are usually affiliated to a political party, but can be independent
- Set policy and direct the overall work and priorities of the council

- hold regular surgeries where you can raise queries or problems
- Represent the views of residents to Government, the media and other bodies
- sometimes have special duties, for example health, which cover the whole borough. These councillors are called executive members. Find out who does what by going to **www.newham.gov.uk/yourmayorandcouncillors**

Officers...

- are employed by the council and paid a salary
- are appointed by competitive interview and do not act on behalf of a political party
- are contactable by phone, email or via our website

Ask us...

Have you got a question you'd like to see answered in the Newham Mag? Whatever the question, send it in to us and you could see a response published in a future issue.

Keep your question brief and to the point, direct it to the relevant executive member, give us your name, age, address and contact details and we'll make sure your question is answered.

Email us at Newham.mag@newham.gov.uk with the subject line 'Councillor questions' or write to Councillor questions, Newham Mag, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU.

We are unable to publish every question.



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PARKING PROMISES

In 2009 Sir Robin Wales promised to ease the burden of the tough economic times. He did this by introducing a raft of measures designed to save you money and make your purses and wallets weightier, from freezing Council Tax to free school meals.

Part of this package of savings also included a free parking permit for those who lived within a Residential Parking Zone (RPZ). This year Sir Robin took his commitment one step further and widened the policy to help those who lived within a RPZ but did not own a car.

If you live within a RPZ but don't own a car or have a vehicle registered to your address you can now benefit from 30 free one-day visitors' vouchers per year.

You can claim your free vouchers online by visiting www.newham.gov.uk/parking and following the link to the online application process. Your vouchers will be posted out to you free of charge within 14 days. If you don't have access to

a computer at home or work then visit any of the borough's libraries which all have free internet access.

If you are unable to complete the online application, paper forms are available in your nearest Local Service Centre or library; turn to page 35 for address details.

Sir Robin said: "RPZs are often necessary to ensure that residents can park on their own street. They are a last resort and are always introduced in consultation with local residents and businesses – who tell us that parking is an issue in their area.

"This policy eases the financial burden of motorists and pedestrians that live within an RPZ, who shouldn't be financially disadvantaged."

To ensure that only Newham

residents benefit from this scheme you must either be registered for Council Tax or, if you are not the Council Tax payer, appear on the electoral roll. If you are not the Council Tax payer and need to put yourself on the electoral roll please visit www.aboutmyvote.co.uk

Each address is able to make only one application per 12 months, even if a previous resident has claimed the vouchers for your address in the last 12 months.

**The Mayor's
Promise #2**

Free visitor parking permits



Keep your **COOL** at **SUMMER SCHOOL**

If you've got a passion for fashion, fancy yourself as the next Tinie Tempah, want to make your directorial debut or learn how to shoot like Wayne Rooney, Newham's Summer School is for you.

If you're aged between eight and 18, the amazing array of things on offer means there'll be no room for boredom this break. The free Summer in Newham guide is out now; get a copy from your school or college, pick one up from a leisure centre, library or Local Service Centre, or download the guide from www.newham.com/summer

If you haven't got your copy yet, here's a peek at what's in store.

Get creative

Let your imagination run wild with musical theatre, semi-classical Indian dance or radio drama courses. If you're in it to win it, the challenge of junior apprentice is sure to get you going with tasks including event management, budgeting and an arts showcase based around the popular TV show Glee.

Go digital

Make your own movie, get inside computers or learn how to become a top news reporter on technical courses. We'll supply the lights and camera, you provide the action.

Be active

This summer get your blood pumping with courses that focus on fitness. From cheerleading to road biking, sailing to aerobics, there's no reason to be a couch potato with our range of activities to raise your heart beat.

Get skillful

We know Newham's got talent and now it's time to develop yours. Learn how to write a play in a week and find out what it

takes to be a farmer, challenge someone to a game of chess or learn the art of hair braiding. Pick up a skill and get ready to thrill.

If none of this whets your appetite you can discover loads more in the free Summer in Newham guide – this season's must-have read. Visit www.newham.com/summer to download your copy.



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The Mayor's Promise #5

Helping you into work

With two months to go until Westfield Stratford City opens, the race is on to fill the thousands of jobs that have been created to support Europe's biggest shopping centre.

As the building took shape, Newham Council's Workplace team were ensuring our residents had the foundations they needed to secure work with a range of retailers. Thousands of people have been supported to find jobs, from help with filling application forms to mock interviews.

John Lewis is one of the businesses that outlined its commitment to employing

local people. Noel Saunders, managing director of John Lewis Stratford, said: "New jobs are what everyone is calling for in these challenging times. I am thrilled that John Lewis has created opportunities for people in east London to forge rewarding careers in retail.

"I started as a cashier in a John Lewis dining room more than 30 years ago and have since then developed a rewarding long-term career with the Partnership. This opportunity will now be open to everyone who will join our new team at Stratford."

Mayor Sir Robin Wales said: "We've

been talking to businesses to find out their needs and making sure we give our residents the best chance to secure the jobs that are on our doorstep.

"Almost 1,000 people have completed free Retail Works training, an industry recognised course, to give them the upper-hand when it comes to securing work with businesses like John Lewis and Marks & Spencer."

Here are a few new recruits who, thanks to Workplace, are raring to start work at John Lewis Stratford City when it opens in September.

Renata Claire De Gersigny, soft furnishings and floor coverings



Before I came to Workplace I hadn't worked for a year and a half. I felt like I'd applied for thousands of jobs during that time. I was going through a bit of a dark period and my work situation made it worse.

My advisor at the job centre told me to go to Workplace. I didn't have many expectations but Workplace really supported me from the beginning right through to the end.

I was offered the chance to do the Retail Works training. When you're unemployed you don't have much structure in your life so I was keen as a bean to do the course.

When the John Lewis jobs came up, Workplace held my hand through the application process. Before I pressed submit someone was there to check it over.

I can't wait for Westfield to open. I'm really excited that I'll have everything I need on my doorstep. I live around the corner so I'll be able to walk to work.

Sherene Vernege, ladies' accessories and beauty



I used to work as a sales team leader but left to have a baby. I haven't worked for eight years.

While I was bringing up my kids I used the time to train in different areas. I've done beauty therapy, business admin and accounts.

I have always been actively looking for work but trying to find hours to fit around my children was a real struggle.

I came to Workplace a few times and was literally like: 'Please help me get back into work!'

I heard about Retail Works and did the training in October. When the job came up I filled out the application and got an interview.

When I was told I'd got the job I was excited but it didn't seem real. I'll be doing 20 hours over five days which, as a mum, works for me.

I'm looking forward to getting my independence back and being a positive role model to my kids. I'll be doing something I've wanted to do for the past eight years but not been given the chance.

Yazeem Lalmahamode, menswear

I used to work in the public sector but due to government cuts my previous job came to an end.

Through Workplace I got a job at NewVlc as a web and graphic multimedia designer, part of six month scheme called the Future Jobs Fund. When that ended I came back to Workplace and started the retail training.

Workplace are always on the ball. They'll send you emails and if you have a question they'll make sure you get a straight answer. They look after you and help you when you need it.

I wanted to do anything with IT or menswear – and I got menswear, which I am really pleased with. I'm an avid fashionista, I love fashion and I thought why not have a change of career. And, best of all, it's local.



Now recruiting

There are still opportunities to find work at Westfield Stratford City. Openings are available in retail, catering, hospitality and security. Visit www.newhamworkplace.co.uk or make an appointment at Workplace offices in Stratford, East Ham or Canning Town by calling 020 3373 1374.



Building on the past

Originally from Cundy Road in Custom House, Sir Michael Lyons has built a career shaping the lives of others. A former three-time council chief executive, economics lecturer, councillor and first chair of the BBC Trust, his work has now brought him full circle and back to Newham, where his own story began.

Sir Michael Lyons continues to play an important role in Newham, influencing the redevelopment of Rathbone Market through his role at English Cites Fund (ECf).

He takes a trip down memory lane as he recounts his childhood here and how it played a part in shaping who he is today.

What are your memories of growing up in Newham in the 1950s?

I lived at 55 Cundy Road in a house that was built in the nineteenth century for dock workers. There were two floors; one family lived on the bottom floor and we lived on the top. We were a family of six living in quite cramped and poor conditions.

I had an extraordinary childhood because my father's job was working at the greyhound stadium. Custom House West Ham Stadium was absolutely enormous – bigger than Wembley. He would work most weekends and take us with him.

My father worked there as a general maintenance engineer but he was also the starter for greyhound racing. He used





market then. I remember all those street stalls with wheels being pulled out and put together; and if you went there in the early evening it would often be lit by hurricane lamps – so it was a really rather magical setting and lots of people shopped there.

After I stepped down as chief executive at Birmingham City Council, ECf asked me if I would be interested in joining them to chair their board – I said yes. One of the first project plans they showed me was of Rathbone Market, and of course this was a place I knew as a child.

Did they know that at the time?

No, they didn't but I shared that with them. It was an amazing coincidence – I was obviously fated to do this.

You tend to have chosen strategic roles in your career – why is this?

I have a very highly developed sense of wanting to shape things and move things on and by and large I've been successful in that. I've always been fascinated by how you draw together all of the different capabilities and strengths of the council to improve the quality of life and the economic vitality of a city.

What made you who you are today and how much did Newham contribute to that?

So, it's a bit about family and where we come from, a bit about teachers, and a bit about luck, a bit about when opportunities come along – taking them, a bit about working hard and a bit about that sort of thing that's in our chemistry – not being satisfied. I mean, I'm still not satisfied. I haven't worked out what I'm going to do when I grow up, which at 61 is a bit worrying really!

to wear a bowler hat, rather splendid handmade riding boots and jodhpurs. My first paid activity was to shine his boots twice a week.

What had been my childhood playground was my introduction to work. At weekends, I became a kennel boy, looking after the greyhounds and subsequently worked in the tote as a

cashier and also at speedway [motorcycle racing]. So for my childhood, the stadium still captures lots of memories.

How does it feel to be involved in regenerating the area that you grew up in?

My mother used to shop at Rathbone Market – it was a traditional street

To find out all about the Rathbone Market regeneration, go to www.rathbonemarket.com or call 0845 262 0138. To find out more about the regeneration of Canning Town and Custom House, call The Place on 020 3373 1443.



Newham in pictures



1 Branching out: building a willow sculpture at Pier Parade Carnival. **2** National treasures from Avenue Primary School sing the country's praises at Manor Park Festival. **3** Looking to 2012 at Colegrave School. **4** We all screamed for ice cream on the hottest day since 2006. **5** Immersed in art at the Hub in Canning Town.

**The Mayor's
Promise #12**

Newham's greatest show returns

For a weekend filled with fun, laughter and a little bit of the seaside, head to Central Park, High Street South E6, on Saturday 16 and Sunday 17 July from 12noon to 6pm for the FREE Mayor's Newham Show. If you want to enjoy games, music, dance, food and donkey rides there's no better way to spend your weekend.



Showtime!



Newham has a strong history of bringing the community together where residents of all ages can enjoy superb entertainment and great days out. The Mayor's Newham Show is just one of many free events that happen throughout the year. From the firing gun of the Newham London Run to the flashy finale of Guy Fawkes' Night, there's something for everyone.

The tradition of free events is down to the commitment of Mayor Sir Robin Wales, who has promised to continue to provide free opportunities for residents to come together. He said: "For me, the show signifies the official start to summer in Newham, a season packed with things for families to see and do. Whether it's our bumper summer school programme or our active community centres, there are lots of

opportunities for everyone to get out and enjoy what the borough has to offer.

"You told me the beach was your favourite aspect of last year's show so this year it's even bigger and we've tried to pack in even more great entertainment, from jaw-dropping acts to traditional competitions. The show is also a chance for you to find out more about your borough. Whether it's job opportunities at Workplace and regeneration projects or community activities and healthy living advice, as well as a great day out you may just learn something that could change your life.

"I'll be in Central Park throughout the weekend and I hope to see you at what promises to be an unmissable event."

The Newham Carnival



> **Saturday 16 July, 2pm, starts at Cheltenham Gardens**

Hundreds of children, young people and community groups from across Newham are preparing to inject some colour into the streets of East Ham at our annual carnival.

Based on the 2012 Olympic motto of Swifter, Higher, Stronger, get ready to fill your heart with music and dance in the streets. Come out and support the procession as it makes its way around East Ham.



The carnival parade kicks off from Cheltenham Gardens, E6, at 2pm. Thank you to the groups participating this year:

Britannia Village Breakfast Club; Britannia Village Primary; Calverton Primary;

Carpenters Primary; Dhol Academy; Froud Youth; Grange Primary; Kaizen Primary; Kinetika BLOCO; Manor Primary; MERU Salsa Group; Newham Steel Band; Pioneer Dance Group; Ravenscroft Primary; Scass Ltd (Blossom House); Selwyn Primary; St James C of E Junior; St Joachim's Catholic Primary; St Winefride's Catholic Primary; Vicarage Primary; Ranelagh Primary and Emergency Exit Arts.

Newham at the Seaside

Feel the sand under your feet and dip your toes into our paddling pool as the beach returns with seaside favourites including donkey rides, a giant helter skelter and a crazy golf course.

Why not have a go at limbo dancing, or take part in one of the fancy dress or sandcastle competitions. If you would rather just relax, sit back in a deckchair and enjoy a musical mix of brass and steel band performances from groups including Barnsley Chronicle Brass Band and the Ebony Steelband Trust.



Newham Village Fete

The very best of the traditional British village fete returns with games to challenge and excite. Try your luck at the coconut shy, hoopla, tin can alley, hook-a-duck and many more.

Get competitive

Whether you have a passion for fashion, green fingers or a delight in decoration, show off your talents in front of judges, including Mayor Sir Robin Wales, and be named as Newham's best.



Competitions are:

- > seaside fancy dress (e.g. pirates, sea creatures, sailors), Saturday and Sunday 2.30pm
- > best tasting and best decorated cake, Saturday and Sunday, 4pm
- > biggest lettuce, Saturday and Sunday, 4pm
- > biggest rhubarb, Saturday and Sunday, 4pm
- > biggest, juiciest strawberry, Saturday and Sunday, 4pm.

There's no need to register. To participate, turn up with your entry and go to the information stand. For queries email competitions@newham.gov.uk

Be Active, Get Connected

To show you how easy it is to get physical in Newham there are lots of free activities for you to try.

On Saturday, you could get energetic with aerobics, dive into water sports, find out about fencing or try something else entirely. And the activity doesn't stop on Sunday, when there's more to try including hop, skip and punch exercise, judo, karate, Nordic walking and Zumba.

Main Stage

To see the very best of Newham's talent, head to our main stage. Enjoy dance performances from local groups and music from all genres including pop, rock, R&B, Latin and world fusion plus a special performance from the Newham and Barnsley Youth Choirs. Also keep an eye out for special guests!. For full programme of the main stage visit www.newham.com/summer Some of the acts taking to the stage include:

- > East London Dance
- > Graciela
- > Deborah Day Theatre School Trust
- > D'Ukes Ukulele Band
- > The Iron Mountain
- > Youthenicity Academy
- > James Anderson
- > J-Sol

*Listings correct at the time of going to press.
Artists may be subject to change.*



Newham's Got Talent

From 1pm on Sunday residents will take to the main stage for the finals of the Newham Talent Quest, the culmination of community forum competitions where nine hopefuls will compete to become Newham hottest talent. Come along and join Newham Young Mayor Ali Mohamed and the Youth Council who will be supporting the quest for Newham's best.



Cabaret Tent

From stylish juggling and breathtaking acrobatics to Far Eastern magic, Bollywood dancing to our very own Elvis – be sure not to miss outstanding entertainment from some of the UK's best cabaret performers.

Highlights include:

Jones and Barnard

16 and 17 July, from 12.15pm

The duo will be hosting the cabaret as well as treating spectators to a traditional variety show that includes hilarious comedy and astonishing escapology.

Jardu the Magic of India

16 and 17 July, 12.40 and 2.35pm

East meets west in a colourful and energetic show complete with mystifying magic, death-defying sword swallowing and an enchanting snake charming routine.

ThreeBee Dancers

16 July, 1.10pm and 3.05pm

Experience a glittering Bollywood dance performance by the Britain's Got Talent finalists, before joining a workshop and learning some moves of your own!

Gandini Jugglers

16 and 17 July, 1.40 and 3.35pm

A troupe of the finest jugglers in Europe will amaze you with their combination of elegant dance and awesome antics in a chic and evocative celebration of summer.



Rannell's Flhip Flhop

16 and 17 July, 2.10pm and 4.05pm

This crazy pair of painters escape the monotony of their dull jobs by taking refuge in hip-hop, MC-ing and beatbox. An energetic and hilarious comedy for all ages.

Bollywood Ratpackers

16 July, 4.50pm

This group of live musicians and dancers will

delight you with their combination of classic swing and Bollywood beats.

The Black Eagles

17 July, 1.10 and 3.05pm

Three Tanzanian acrobats whose stunning daredevil summersaults and energetic back flips will have you gasping in amazement.

Asian Elvis

17 July, 4.50pm

Sal Bashir returns by popular demand bringing his own unique tribute to the king of rock and roll.



Our Place in the Future of London

Find out about the array of regeneration projects happening on your doorstep and get your questions answered about major developments in Canning Town, Custom House, Stratford and Royal Docks. The Workplace employment team will be on hand for information and advice about job and training opportunities available to Newham residents, especially those coming up at Westfield Stratford City.

Young Mayor

Come and meet the Young Mayor Ali Mohamed and his team of 14 youth



councillors, and break the ice with a spot of Japanese sumo wrestling! This is also a chance for young people to discuss issues affecting them, including crime, the environment, health and the 2012 Games.

Art in the Park

Central Park will become an art gallery with displays of inspirational artwork from Newham's finest student artists.

Discovery Garden

Behind Café in the Park.

Discover the Discovery Garden, Central Park's newly refurbished parkland.

Interact with nature with falconry displays and willow sculpture workshops. There'll be food tasting demonstrations with Jamie Oliver's Ministry of Food and get growing workshops, as well as the chance to meet local community green groups and find out more about the mobile allotment growing project. You can also relax and take in the tranquil surroundings with puppet shows and storytelling by the Jactito Theatre.



Edwardian Garden

Step back in time with a feast of activities to celebrate a bygone area.

Raise your top hat to a magnificent marvel, Sir Foxley the Victorian Magician. Armed with more than 100 years' worth of tricks, Sir Foxley (on his penny farthing) will take you on a mystical journey into the past.

As well as Sir Foxley you can also enjoy:

- > period re-enactments from the Make Believe community theatre group
- > period food and plant medicine growing stall
- > Edwardian fancy dress costumes
- > games from the era
- > having your portrait drawn by our caricaturist
- > mini zoo.



Hobbies and Crafts Tent

From model railways to French knitting, cake decorating to hat-making workshops, try something new in our tent which will be packed to the rafters with activities.

As well as getting involved with all the action, you can also buy handmade craft pieces.

Newham's Caramel Rock will be running a range of workshops including T shirt printing, photography and bag-making sessions. Newham library staff will be on hand all weekend with activities that bring the joys of the library to you.

Children aged four to 12 can register for the this year's circus stars Summer Reading Challenge.

Bring over your old reads and exchange them for something new at the book swap, enjoy an hourly storytelling session with a circus theme or get involved in a circus arts and craft session.

Health and Wellbeing Tent

Everything you ever wanted to know about leading a healthy lifestyle can be answered at the show.

Check your weight and blood pressure with a free health MOT or make your smile brighter with a free check-up at the mobile dental unit. There will also be specialist podiatry advice and details on how to improve your heart health.

If you want to stop smoking, get advice information and support from the experts or sign up to register for organ and blood donation.

Pride of Newham

The area around the war memorial will be dedicated to the borough's wartime heritage.

The Territorial Army will be hosting activities and you can find out more about local Army Cadets, Scouts and Girl Guides clubs, as well as learn how to grow your own at the Dig for Victory advice centre

It's the 90th anniversary of the East Ham Royal British Legion so come and help them celebrate.



Children and Under Fives Area

The borough's tiniest residents have their own area of fun and entertainment where they can enjoy balloon modelling, puppetry, hot shot basketball, large Connect Four, Giant Jenga, Hoopla, The Maze, scavenger hunts and wacky team games. Baby changing and bottle feeding facilities will also be available here.

Fun Fair

All the fun of the fair will be at the show with amusement rides, attractions and traditional stalls to delight the whole family. Charges apply.

Petting Farm

Newham City Farm will be bringing an array of furry friends from Beatrix Potter's world including:

- > Rabbits
- > Guinea pigs
- > Ducks
- > Chickens.

Catering at the Show

Pack a picnic and take a break with family and friends at one of the many picnic areas scattered throughout the park, or buy food and drink from a variety of on site caterers.

For more information see the advert on the back page, or go to www.newham.com or call 020 8430 2000.



Blue Badge holder parking only

Please use public transport
There will be no District or Hammersmith & City Line services to East Ham Station.
Please contact TfL for latest information on all other services.
Buses: 58, 101, 104, 115, 474 to Central Park; 5, 147, 238 to Barking Road

Access Information

Parking for Blue Badge holders is on a first come, first served basis near Ranciliffe Road gate.
Wheelchair entrances on Bartle Avenue, High Street South and Ranciliffe Road.
Wheelchair-accessible toilets are available on site.
Bicycles are not allowed on site.

Mayor's Newham Show

16 & 17 July, 12noon - 6pm

Central Park, E6

www.newham.com

The event takes place on grass. Please note: only guide dogs are allowed. Do not bring glass bottles or sharp items into the showground. You may be searched as a condition of entry. Please recycle your waste at the recycling points on the site. Thank you.





Caring for you + caring for the planet

You may be feeling green about going to hospital, but now you can help keep the planet green too during your stay at Newham University Hospital NHS Trust.

We all know that hospitals take care of people, but did you know that your local hospital also works hard to take care of the environment? As part of Newham Hospital University NHS Trust's drive to become more environmentally friendly last year, it was awarded the Carbon Standard, an accreditation that recognises organisations that make differences to reduce their carbon footprint.

As a patient, how can I be greener?

- Book your transport online. The hospital trust is in the process of introducing an online booking system for its patient transport service to create a more efficient service and to eliminate the use of paper.
- Going to and from hospital itself is getting greener. The trust has awarded a contract to a new taxi provider that offers hybrid vehicles within its fleet, which create lower emissions to carry staff and patients. It has also leased new lower emission vehicles for the hospital trust, which will help to reduce the impact it has on the environment.
- You can also do your bit by using the recycle bins available to help the trust be as green as it can be. It's never too late to change your habits.

These are just some of the ways that the hospital is going greener and becoming more energy efficient and environmentally friendly, but there are many other ways that you can help too. If you are visiting the hospital why not cycle? The hospital is well equipped with free bike racks, it's healthier and you'll be doing your bit for the environment.

If you want to find out what your carbon footprint is and how to help reducing emissions, visit www.energysavingtrust.org.uk

NEWHAM SERVICES FORUM

TO ADVERTISE IN THE NEWHAM SERVICES FORUM PLEASE CONTACT JULIE MADELL ON 07890 529 090

Newham

Local Housing Allowance (LHA) rates July 2011

Number of bedrooms

Weekly amount

shared room rate (one bedroom in shared accommodation)	£ 69.27
1 bedroom	£ 161.54
2 bedrooms	£ 201.92
3 bedrooms	£ 253.85
4 bedrooms	£ 300.00

The table shows the rates we will use to calculate the maximum amount of housing benefit for tenants affected by LHA. The actual amount of benefit that a tenant will get depends on income, savings and who lives with them.

How to work out LHA entitlement

The LHA rate a tenant is entitled to depends on the number of bedrooms allowed for them and their household.

One bedroom is allowed for each of the following:

- > a couple
- > a single adult/young person (over 16)
- > two children of the same sex under the age of 16
- > two children regardless of sex under the age of 10
- > any other child

For example, an adult couple with a child would be entitled to one bedroom for the couple and one bedroom for the child.

This means that the 2 bedroom LHA rate would be used to work out their benefit.

Call Newham Council Tax and Benefits Service on 020 8430 2000 for further information



Make a date...

The 3 h's Newham's Independent Parent Forum welcome Parent and Carers of disabled children and young people to our regular term-time

Monday and Friday 'Dongola Road' Drop-ins

10am till 2pm @ 99-101 Dongola Road (off Balaam St) E13 0AN



Monday Drop-ins are where we do the serious 'Parent Forum' stuff!! We invite guests from various local authority depts, service providers, community groups and anyone else we can think of that can help or support our parents and carers.

Friday is our 'Social Networking' Drop-in.

Come along and meet other families, offload, share ideas and advice over a cup of tea and biscuits :-)



Please do try and come along - even if it's just the once.
Help us to help you get the right support for your child or young person.



THE 3 h's
MANAGING COMMUNITY PROJECTS



For further information

please call or text Zeenat Khan 07528 562902 or 07805 181084

Email the3hs@hotmail.com

Looking forward to seeing you there!!



thenewhammag

To advertise here call Julie Madell
on 07890 529 090 or email
julie.madell@newham.gov.uk

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Got something to
shout about? Email your
ideas to [newham.mag
@newham.gov.uk](mailto:newham.mag@newham.gov.uk)

YOUR SPACE

where young people take control

LEADING THE WAY

Simran Dhingra-Smith, 15, on announcing the route of next year's Torch Relay.

"The opportunity to announce the 2012 Olympic Torch Relay came about after my school, Forest Gate Community School, signed up to the Olympic Get Set Network.

"When I heard I had been picked to represent my school and borough I was surprised. It was my chance to do something so amazing and take part in such an important event. I felt on top of the world because I was going to take part in something that would go down in history.

"The best part for me was just me being there and being part of it"

"For the announcement, we went to Land's End – nobody expected the freezing cold weather! The announcement was broadcast live on TV. After the filming we had our pictures taken, were interviewed and met athlete Jonathan Edwards.

"The best part for me was just me being there and being part of it. Through the Get Set Network I regularly create podcasts, with help from my PE teacher. I update people about the work on the Olympic site and share Olympic history, values and success stories with other students.

"My PE teacher and I also created a display to promote the Olympics and show why it is so important. We have assemblies and mentoring classes on how big this event is and what the Olympic values are.

"I would like to watch the Games and see the top athletes compete but also hear inspiring stories from the Paralympic and Olympic competitors. Carrying the torch is my number one ambition.

"I had a unique and great experience and hope everyone in Newham gets to experience some part of the Olympics like I did."



Simran
Dhingra-Smith



POWER TO THE PEOPLE

If you want to have a say on issues in Newham that are important to you, help shape the services we provide and the things we prioritise by becoming a member of the Newham People's Panel.

Your shout

The council wants the services we provide and the things we focus on to be in line with your priorities. To make sure we're acting on what matters to you Newham Council has launched the Newham People's Panel – an easy way to share your opinions on key issues.

How it works

Visit www.newhampanel.com to find out more about the panel. To become a member complete a quick registration form and we'll contact you with surveys so you can have your say. Some surveys will also include the opportunity to be entered into a prize draw.

Most surveys will take about ten minutes to complete. There will also be quick polls where you can log on and simply answer a quick question.

What kinds of things can I give my opinion on?

We want your thoughts on key hot topics. This can be anything from employment to the cleanliness of your area, what leisure facilities you need, to what you want to see from the 2012 Games legacy.

Can I join?

Anyone aged over 16 can become a member of the panel. You could be a resident or a visitor to Newham.

There may be some topics you're keener to have your say on than others, so you can pick and choose which surveys you want to take part in. You will receive a summary of the results from each survey you complete and may be invited to give your opinion in future group interviews or focus groups – where you will probably be paid or receive vouchers for your help.

Become a member of the Newham People's Panel

To sign up to the panel, visit www.newhampanel.com and fill in a short registration form.

Kick start your creative career

If you're an aspiring visual artist and you want to develop your creative skills using a range of mediums, sign up for your step up into the industry and become a Young Newham Artist (YNA).

The YNA is a year-long project for 16 to 19 year-olds which has been designed to equip participants with the skills they need to start a career in the creative industries. As well as studio space in Rathbone Market, E16, students will develop a portfolio of work as well as their artistic talent and business skills. The course is part-time, with at least two sessions per week; completion will lead to two accredited level 3 qualifications in visual thinking and working in the creative industries.

Applications are now open to those with an aptitude for art or creativity and will involve an informal interview. For more information contact Sanaz or David on 020 7511 1117, email info@RosettaArts.org, or visit www.rosettaarts.org/young-newham-artists



Victorian art at Old Town Hall

The walls of the Old Town Hall Stratford are showcasing the Greenhill art class's summer exhibition.

The theme of the display of works created by Newham adults with physical or learning disabilities is 'the Victorians'.

The students took their inspiration from Renoir's painting *The Umbrellas*. The group studied the artwork and created their own impressions using photography, ceramics and painting. As well as having a great time, the students learned about the lives of Victorian people.

The free exhibition can be viewed at Old Town Hall, Broadway, E15, during opening hours until 26 July.



The group's take on a Victorian tea party



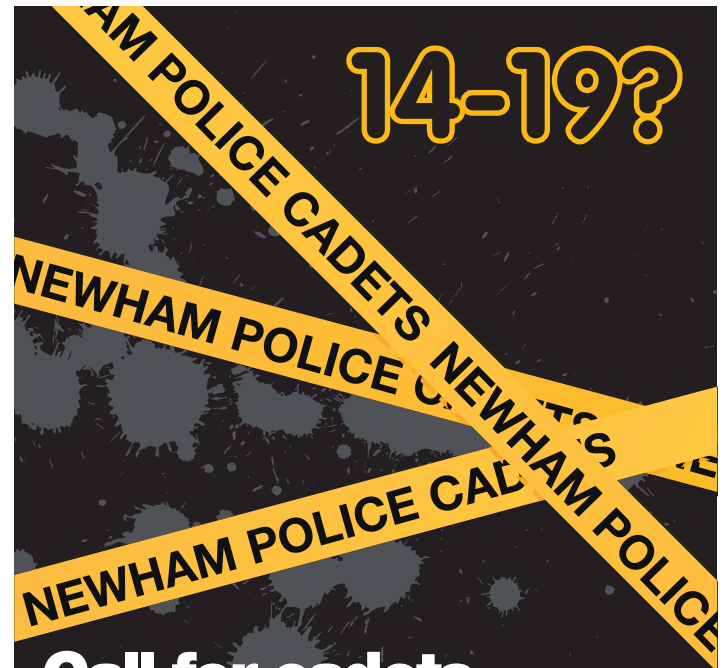
The Brick Lane Music Hall team performs the popular war time dance Ballin' The Jack

Memory lives on through music

Residents at Westgate House marked D Day with a special tribute from beyond the grave.

Ms Joan Tullett, a former resident of Westgate House, enjoyed the Forest Gate care home's activities programme so much she instructed her closest friend Linda Stone to arrange three performances by the Brick Lane Music Hall from the proceeds of her will.

The Music Hall team's visit also coincided with a special presentation of Veteran's Badges from HM Armed Forces to five of Westgate's residents.



Call for cadets

If you're aged between 14 and 19 years-old and want to find out more about the work of Newham Police Cadets grab your chance at a special open evening on Thursday 21 July.

From 6.45-8.30pm, Eastlea Community School, Exning Road, E16, will host ceremonial drill presentations and first aid techniques. There will be crime prevention advice and you can get your bike security marked and registered so you can be reunited with your wheels should they be stolen and recovered by the police.

For more information call Rob on 07825 399 454.

Super Saturdays showcased at Somerset House

A group of Year 9 students enjoyed their moment in the spotlight at a private view of work they produced at an Art and Design Saturday Club.

For 15 weeks, 71 students from Newham secondary schools gave up their Saturday morning lay-in for art and design lessons with experts from the University of the Arts London (UAL) hosted at Little Ilford School, Manor Park. The classes taught techniques including print making, 3-D and anatomical drawing.

Aysha Fatima (pictured front row, left) said: "We learned lots of new skills and worked with materials we normally don't use at school."

Jahedul Islam (pictured back row, second left) enjoyed the course so much he commented: "I don't know what I'll do on a Saturday morning now the course is over!"

All students who completed the course received an accredited Level 2 UAL qualification. You can view the work at the Embankment Galleries at Somerset House, Strand, WC2R until 17 July.



Students from Little Ilford School at their exhibition

Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU

GALLERY



Adapa Begum, 6



Pavala Rahul, 7



Kesav, 5



Simran Jutla, 6

Free membership at Stratford Picturehouse

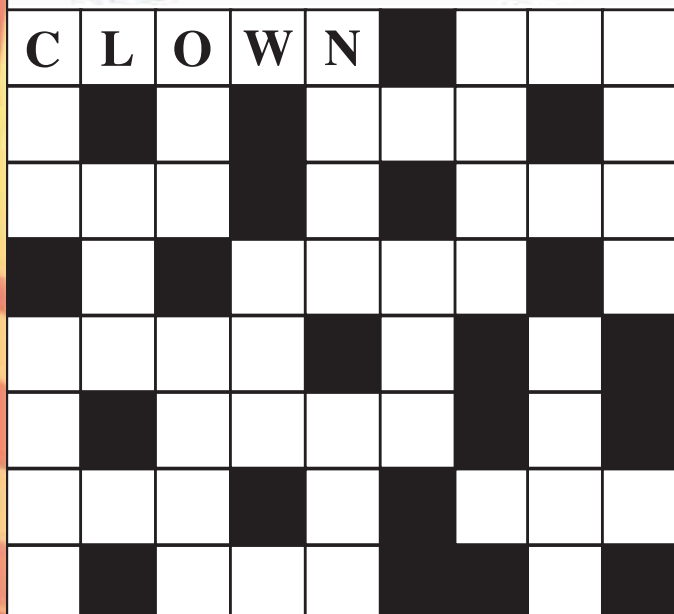
This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



Stratford Picturehouse, Theatre Square, E15

Colour-me-in Wordfit



3 letters

APE
CAR
ELK
INK
NIP
OAT
RAT
RIB
SAP
SOB
SPY
STY
USA

4 letters

ALPS
HEAT
HUNT
LYRA
NEWT
PIKE
ROPE
SKIN
STUN

Poem

Mum makes me happy when I am down,
She comforts me and supports me,
It changes my mood in a blink of an eye,
She cuddles me in her lovely arms.

When I'm down, she makes me laugh,
She tells me everything is going to be alright,
I am glad I have a one of a kind mum.

When I'm down I know where to go,
When my heart is filled with sadness
I know I can be happy again.

My mum makes me laugh so much that
I can't stop! When I get cuddles I smile,
When I cry there are piles of tears,
But my mum wipes them away.
I love her more than anything!

She always says you are my sweet daughter,
I don't like to see you cry, so let me shed
your tears.
When I fall she is there to pick me up with
her loving arms.
I love her!
Yeah, I sure do!

Lovely Mum
by Kirsty Holding, 11



WHAT'S ON?

**FIVE PAGES
OF ACTIVITIES
MOSTLY FREE,
ALL FUN!**

To view hundreds of events, or to add your own,
log on to www.newham.gov.uk/whatson

8 – 22 JULY

TRY SOMETHING NEW... LONDON 2012 OPEN WEEKEND

This year's London 2012 Open Weekend, celebrating one year to go to the Games, takes place from Friday 22 to Sunday 24 July. The London-wide celebration will feature art, dance, film, sport events and more. Here's a taste of what you can do in Newham.

If you're artistic, you can turn your hand to a spot of painting at Newham Town Hall in East Ham all weekend from 8am to 6pm, channelling the creative spirit of the Olympics. If showbiz is more your thing, come along to Theatre Royal Stratford East on Saturday 23 July between 2 and 4pm where you can take a backstage tour and help shape the landmark theatre's programme for 2012.

Get physical with The Extreme Team's group exercise classes at Stratford's Atherton Leisure Centre on Saturday 23 July for just £1 each. You can also get a taste of Olympic-style sports, including Javelin throwing and the long jump at Newham Leisure Centre in Plaistow. Children aged between 11 and 15 years old are invited to play a group game of tag rugby on Sunday 24 July between 11.30am and 12.30pm on the 11-a-side pitches at Newham Leisure Centre in Plaistow.

And there's lots more. Whatever you fancy, find out more by visiting www.london2012.com/open-weekend and clicking on Find an event near you.



ALL LIBRARY LISTINGS

See Library Contacts (next page) for venue details.

UNDER FIVES GROUPS

All open to under fives with their parents/carers.

Storytelling

Beckton Globe

Friday 10-11am

Canning Town

Monday 10.30-11.30am

Custom House

Tuesday 10.15-11.15am

East Ham

Wednesday 2-3pm

The Gate

Friday 11am-12noon

Green Street

Thursday 10.30-11.30am

Manor Park

Thursday 10.30-11.30am

North Woolwich

Thursday 2-3pm

Plaistow

Tuesday 11am-12noon

Stratford

Tuesday 11am-12noon and Friday 11am-12noon

Crafts Club

Manor Park

Tuesday 10.30-11.30am

Toy Library

Beckton Globe

Monday 10am-12noon and

Thursday 1-3pm

East Ham

Tuesday 10am-12noon and Thursday 10am-12noon

Imaginative Play

East Ham

Friday 10.30-11.30am

Learning & Craft

Beckton Globe

Tuesdays

during school term

1.30-2.30pm

ADULT READING

Adult Reading Groups

East Ham Monday 18 July

6.30-7.30pm

Stratford Monday 11 July

6.30-7.30pm

Over 50s Reading Group

Beckton Globe Tuesday 7

July 9.45-11.45am

OTHER GROUPS

Over 50s Club

Beckton Globe Tuesday

9.45-11.45am

Click-On – computer sessions for over 50s, contact the library to book a place

East Ham Friday 10am-

12noon and 2-4pm

Plaistow Friday 10am-12noon

and 2-4pm

Writers' Group

The Gate Tuesday 28 June

5.45-7.45pm

ICT Surgeries

The Gate Thursday 10am-12noon

Knit & Natter – craft group for men and women of all ages and abilities

Beckton Globe Wednesday

10am-12noon

Canning Town

Friday 10am-12noon

Movie Night at Stratford

Library – free showing the

film 'I am Number 4' (12a)

based on the book by

Pittacus Lore.

Stratford Thursday 21 July

6-8pm (prompt start)

YOUNG PEOPLE

Homework Club – All young people aged seven to 14 can get free study support at their local library on the days and times below. School term only.

Beckton Globe

Tuesday 4-6pm

Canning Town

Thursday 4-6pm

Custom House

Thursday 4-6pm

East Ham

Monday 4-6pm

The Gate

Tuesday 4-6pm

Green Street

Tuesday 4-6pm

Manor Park

Thursday 4-6pm

North Woolwich

Monday 3.30-5.30pm

Plaistow

Thursday 4-6pm

Stratford

Monday 4-6pm
Games Clubs – Sony PS3 or Xbox 360 and Nintendo Wii games, board games and many more free activities for eight to 13-year-olds.

Canning Town

Monday 3.30-5.30pm

Custom House

Tuesday 3.30 to 5.30pm

East Ham

Tuesday 3.30-5.30pm

Manor Park Monday 3.30-5.30pm

Stratford Playerz – Free activities for young people aged 12 and over.

Stratford Thursday 14 July 4pm-6pm

Teenage Games Club – PS2 and Xbox games, music, board games and many more activities for ages 12-16.

Beckton Globe Wednesday 3-5pm

Teen Xtra Evenings – Free activities for ages 12-21.

The Gate Thursday 6-8pm

LIBRARY CONTACTS

Beckton Globe 1 Kingsford Way, E6 5JQ. 020 3373 0853

Canning Town Barking Road, E16 4HQ. 020 3373 0854

Custom House Prince Regent Lane, E16 3JJ. 020 3373 0855

East Ham High Street South, E6 6EL. 020 3373 0827

The Gate 4-20 Woodgrange Road, Forest Gate, E7 0QH. 020 3373 0856

Green Street 337-341 Green Street, E13 9AR. 020 3373 0857

Manor Park Romford Road, E12 5JY. 020 3373 0858

North Woolwich 5 Pier Parade, E16 2LJ. 020 3373 0843

Plaistow North Street, E13 9HL. 020 3373 0859

Stratford 3 The Grove, E15 1EL. 020 3373 0826

Archives and Local Studies 020 3373 6881

Community Outreach

Services For more information call 020 3373 0813

SPORTS PROGRAMME

Basketball

Newham NSP (free)

- Basketball coaching, 8-19

Mon, 7.30-9pm

Little Ilford Youth Centre, E12

- Basketball Competition, 8-19

Tues, 6-7.30pm

Lister School (Sports Hall), E13

- 3 vs 3 league, 8-19

Thurs, 5-7pm

Forest Gate Youth Centre, E7

Youngbloods Basketball

- Under-12s, mixed

Saturdays, East Ham Leisure Centre

1-3pm

- Under-13/14s, boys

Mondays, 6-8pm, St Angela's School

Tuesdays, 5.30-7.30pm

Newham Leisure Centre

- Under-14s, girls

Mondays, 4.30-6pm, St

Angela's School

Tuesdays, 5.30-7.30pm,

Newham Leisure Centre

- Under-15/16, boys

Tuesdays, 6-8pm, East Ham Leisure Centre

Fridays, 6-8pm, St Angela's School

- Under-17/18 boys

Tuesdays, 8-9.45pm, East Ham

Leisure Centre

Thursdays, 7-9pm, St

Bonaventure's School

Fridays, 6-8pm, St Angela's

School

Each session costs £1. Contact

Caroline on 07958 307 657 for more details.

Football

Newham NSP (free)

Five-a-side

- U14 & U18

Mon, 6.30-8.30pm

Newham Leisure Centre, E13

- 11-18

Wed, 5-8pm

Priory Park MUGA, E6

- 8-19

Wed, 5-6.30pm

Keir Hardie Park, E16

- Five-a-side, 8-19

Fri, 6-7.30pm

Scud Park, Tant Avenue,

Canning Town, E16.

- Mayor's Football League, U14,

U18,

Thurs, 4-6pm

Memorial Park

- Coaching and competition,



Football

8-19,

Sun, 1-2pm

Winsor Park, E6

- Monthly tournament

U12, U14, U18, 10am-1pm

First Sat of the month

Plasnet Park, E6

WHU Kickz (free)

Mon

- U14, 4-5.30pm

- 15+, 5.30-7pm

West Ham Community Astro Turf (Beckton)

- 11-18, 5-8pm

Forest Gate Youth Centre, E7

Tues

- U14, 4-5.30pm

- 15+, 5.30-7pm

West Ham Community Astro Turf (Beckton)

- 11-18, 6-9pm

Priory Park MUGA, E6

Wed

- 11-18, 5-8pm

Priory Park MUGA, E6

Thurs

- 11-18, 4-7pm

Priory Park MUGA, E6

Fri

- U14, 4-5.30pm

- Girls 11+, 5.30-7pm

West Ham Community Astro Turf (Beckton)

- 11-18, 5-8pm

Forest Gate Youth Centre, E7

Air Football 16+

Tues

1-3pm, Stratford Park, E15

Fri

3-5pm, Beckton Powerleague

For more info visit

www.airfootball.co.uk



Knit & Natter



Ascension Football Academy

For info call Beryl Callison
020 7511 1232.

School years R-3:

9.30-10.30am

School years 4-7:

10.45-11.45am

School years 8-11:

12noon-1.30pm

All sessions £2.50

King George V Park, E16

Basketball

Newham All Star Sports Academy (NASSA)

Junior programme Gifted & Talented

8-11yrs boys/girls

Cumberland school,

Oban close, E13

Fridays, 4.15pm-5.30pm

U13/14, Thursdays 4.30-
6.30pm and Saturdays 10am-
12.30pm

U15, Thursdays 5.30pm-

7.30pm, Newham Leisure

Centre, 281 Prince Regent
Lane, E13

U16/18, Monday 5.30-7.30pm

Rokeby School, Canning Town

E16 4DD

Senior Men/Women Programme

Division 2 Women and]

Division 3/4 Men

Monday 7.30-9.30pm

Rokeby School, Barking Rd, E16

For details contact coach

Chris on 07703 503 995

or Coach Aurimas on 07712

176 301

Handball (free)

- Newham Flames, Tues

U15, 3.30-5pm

U18, 5.30-6.30pm

Newham Leisure Centre, E13

(Multi-Sports Hub)

Call Ari Bekker on

020 8430 2484

Multi sports (free)

Newham NSP

- Handball, football,
competition

5-7pm, 8-19

Wed, Stratford Park, E12

- Coaching and competition

4-5.30pm, 8-19

Fri, St John's Community

Centre, Albert Rd, E16

Athletics at Newham Leisure Centre

- Get Set Go Group, 11-16

Mon, 4-5.30pm, £1

- Met Track 10-17

Fri, 4.30-6pm

- Newham and Essex Beagles

Athletics Club, 10+

Mon and Wed, 6.30-9pm;

Sun, 10am-1pm

Email [jacqueline.ramsden1@](mailto:jacqueline.ramsden1@btinternet.com)

btinternet.com

Cricket

- Tapeball cricket league (free)

11-15, 16+, 6-9pm

Kingsford Astro Turf

- Newham Cricket Club

Monday 5-7pm

8-16, £2 per session

Flanders field,

Napier Road, E6

Visit www.newham.gov.uk

for information.

Boxing

East Ham Boleyn ABC

10- years +; boys only

- Mon, Tues, Wed, 5-6pm

East Ham WMC, 2 Boleyn

Road, E6

Call Daniel Penny on

07958 124 144

- West Ham Boys ABC

9-years +; boys and girls

Mon, Wed, Fri, 5-6pm

The Black Lion, 59-61 High
Street, E13

Call Lianne Jameson on

020 8472 3614

- Peacock ABC 8-years +

Mon, Wed, 6-8pm

boys and girls

Caxton Street North, E16

Call Martin Bowers on 020

7511 3799

- Newham Boys ABC

6-years +; boys only

Mon, Wed, Fri, 6-7.45pm

Old Bath House

141 Church Street, E15

Call Ravinder Atwal/Joe

Chapman 020 8519 5983

- Fight For Peace 11 years

+; boys and girls

(Phone for session details)

Woodman Street,

North Woolwich, E16

Call Marigold Ride

on 020 7474 0054

Contact clubs before visiting

Free non-contact boxing

Non-contact boxing is the
perfect way to increase your
fitness, lose weight, build
strength and learn to defend
yourself.

Osmani Boxing Club is open

to males aged eight to 25

Fridays, 4-6pm

Froud Centre, 1 Toronto

Avenue, E12

For more information call

020 7247 8080 or email

healthyfutures

@osmanitrust.org

Free sports@Ascot Hall

Football, girls and boys, eight-
15yrs, Sat, 10am-12pm

Street dance for girls, all ages,
Sat, 12-1pm

Non-contact boxing, eight-
12yrs, Sat, 2-3pm

All sessions are free, for info
call 020 8430 4775

Ascot Hall, Hermit Road, E16

Newham Swords

Learn to fence with Olympic

champions; from ages four

to adult. The Hub in the grounds

of Newham Leisure Centre,

Prince Regent Lane, E13.

Tuesday 6.30-9pm

Thursday 6.30-9pm

Friday 7.30-10pm

Call Linda on 07956 618 898 or

visit www.newhamswords.co.uk

Dare 2 Dance

Free street dance classes for

girls aged 14-24 including

break dance, krump, waacking
and popping.

Newham Leisure Centre (New

Indoor Multi Sports Centre),

281 Prince Regent Lane, E13

Friday 3.30-5.30pm (3.30

- 4.30pm Open Technique

Class, 4.30 - 5.30pm

Choreography Class)

For more information

contact Nicole on 07970 783

526 or email [nicole.napier@](mailto:nicole.napier@newham.gov.uk)

newham.gov.uk

Newham Striders

Free, sociable walking group

that go striding in the local

area seven days a week. Visit

www.newham.gov.uk, email

[paula.peaty@newham.gov.](mailto:paula.peaty@newham.gov.uk)

uk or call 020 8430 2000 for

more information.



**Universal Warriors
Kickboxing Club
East London Muay Thai
Academy, Arch 2, Cranberry
Lane, E16**

Mondays, Wednesdays and
Fridays, 6.30-8pm, £7/£5
concessions

Saturdays 11.30am-12.30pm,
female only boxfit class,
introductory price £3.50
For more information call Don
on 07784 712 813 or email
teamrichards@hotmail.co.uk

**Newham Shoujin Karate
Sessions for beginners:**

Wednesday 4.30pm-5.30pm
(4-15)

Thursday 6-8pm Fighting Fit
(karate combat techniques and
fitness) (16+)

Friday 6-7pm (4-15) & 7-8pm
(16+)

Sunday 10-11am (4-16+)
Sessions are held at Newham
Leisure Centre, Prince Regent
Lane and the adjacent Multi-
Sports Indoor Centre. For more
information call 07508 070 638.

**WCKD Karate & Self
Defence Institute**

**Teaching Freestyle Karate
and self defence**

All levels including beginners
Children (5-9 yrs) £3.50 Weds
5-6pm & Sat 11am-12noon
Juniors (10-15 yrs) £5 Weds
6-7pm & Sat 12noon-1pm
Adult classes also available.
Maryland Studios, 84-86
Leytonstone Road, Maryland,
Stratford, E15 1TQ
Call 07535 928297 or email
wuchikwondo@gmail.com for
more information.

**Ramgharhia
Badminton Club
Adults (Advanced)**

Tuesdays, 7-9.30pm
Little Ilford School
Church Road
Manor Park

Juniors

Fridays, 6-7.30pm
Adults (Beginners/
Intermediate)

Fridays 7.30-9.30pm
Langdon School, Sussex
Road, East Ham
For more information and
prices contact Kilvir Bahra
on 07803 834 037 or email
ramgarhia.bc@gmail.com

OPA Netball Club

Tuesdays

Under 16s: 6-7pm and over 16s
8-9pm

Matches in Essex Met League/
Three Swords League on

Saturdays

Lister Community School, St
Mary's Road, Plaistow

All levels welcome, for more
information and prices call Lesley
Jones on 07717 281 529 or
email opa_netball_club
@hotmail.com

Run in England – all £2

For more details email
oimafidon@runinengland.co.uk
or call 0797 926 1647

Monday, 4-5.30pm, Newham
Leisure Centre E13, meet on
the track

Tuesday, 6-7pm, Newham
Leisure Centre E13, meet on
the track

Wednesdays:

12noon-1pm, Newham
Dockside, Dockside Road
E16, meet at reception
5.30-6.30pm, Newham
Leisure Centre E13, meet on
the track

Saturdays, all 10-11.30am:
Central Park E6, meet at the café,
Wanstead Flats, meet at
Harrow Road Changing Pavilion
West Ham Park E15, meet
at southgate entrance off
Portway

Sunday, 10am-12 noon,
Newham Leisure Centre E13,
meet on the track

**East End Road Runners
– for all abilities**

Tuesdays, 7pm,

meet on the track at Newham
Leisure Centre, Prince Regent
Lane, E13. Annual membership
£10. Members: £3 per session/
non members £4.

Women United FC (16+)

Mondays (Term time only)

6.00-7.15 Kingsford School,
Kingsford Way. Call Shona
Pollock on 07968 665849

Woodside

Badminton Club

Fridays 8-9.30pm

Carpenters Docklands Centre
98 Gibbins Road, E15.

Intermediate and club
standard players welcome.
Call Steve 020 8514 1586. £5
waged/£3 unwaged

Newham Cyclists

Newham rides starting at
10.30am from outside Stratford
Station and return at 3pm. No
need to book. Just turn up on
the day. Next ride is on Saturday
30 July.

To find out more, visit www.newhamcyclists.org

**Cycling – sessions and
guidance**

Wednesdays: 11am, 12.15pm
and 1.30pm

Free, all equipment provided
F13 Waterfront Studios, 1 Dock
Road, E16

Call 020 7055 0808 or visit
www.careinmind.org.uk

**SPORTS AND PHYSICAL
ACTIVITIES FOR
DISABLED PEOPLE**

Multi-Sports

Free Flying Wheels club for
young wheelchair users aged
six to 22. With an emphasis on
wheelchair rugby and training
from professional players.
Wednesday and Friday
evenings, 6-8pm
Rokeby School, Barking Road
E16 4DD
Call Eda on 020 8472 0058 for
more information.

Mon, Eastlea multi-sports club
for SEN & disabled young
people, Eastlea Community
School, E16, 4-5.30pm
Fri, 4-8pm, Newham Leisure
Centre, E13, free

Multi-Activities

People with Disabilities Club,
Tues, Newham Leisure Centre,
E13, 10.30am-12.30pm

**Family swims for disabled
children and adults**

Newham Otters Swimming
Club, Sat, Newham Leisure
Centre E13, 4.45-5.45pm
For more information call
020 8552 3195

£5 Family Swim, Sun, Balaam
Leisure Centre, E13, 12.30-2pm
For details call Zeenat on
07528 562 902

Get fit for free

Free use of the gym for one
year for people with learning
disabilities at Newham Leisure
Centre on Tuesdays from 1.30-
3.30pm. To book an induction
you must contact Zahra Mirza
on 020 7511 4477

Goalball

First Thursday of the month
at Newham Club, Brampton
Manor School from 5-7pm

B1 Football Club

Third Sunday of every month
at East Ham Leisure Centre
from 10am-12noon

For all of the following sessions
contact Zahra at GLL on 020
7511 4477.

Free Trampolining sessions

Fri, 4-8pm; Sat 12.30-2.30pm,
Newham Leisure Centre, E13

Free exercise to music

Sat, 12.30-2.30pm, Newham
Leisure Centre, E13

**Mixed swimming session
for adults and children**

Wed, 10am-12noon, East Ham
Leisure Centre, £1.15

**Families dealing with
Autism Swim**

Wed, 4-5pm, Balaam Leisure
Centre, free.

STRATFORD PICTUREHOUSE

Silver Screen

every Wednesday

Entry to all films before 5pm are £2.50 for senior citizens, with a free tea/coffee and biscuits. Book tickets in person or on 0871 902 5740

Big Scream

every Tuesday at 11am

A weekly film club for parents with babies under one year old – watch the latest releases with your baby. Book tickets in person or on 0871 902 5740

Kids' Club

every Saturday from 10.30am
Films are just £1 for members* including free activities before the film (membership is £3 for the year). Book tickets in person or on 0871 902 5740.

OTHER

Summer music

@St John's Church

July 13th

Maryland School Choir

July 20th

Dr Jane Gamble – Organ

The Summer Season of lunch time concerts at St John's Church, Stratford Broadway, is back. The concerts are on

Wednesdays throughout the summer until 28 September, from 1.10-1.40pm each week. Admission is free but there is a collection, which goes towards the organ fund. For more information please contact the church office on 020 8503 1913.

St Edmund's Music Group present Entente

Saturday 23 July, 7.30Pm

St Edmund's Centre

464 Katherine Road

Forest Gate E7 8PN

Guitar duo featuring Joao Loureiro – Portuguese Steve Smith – English

Playing Latin American, Portuguese. Plus Originals £6/£5 concessions (includes interval wine/soft drinks and snacks)

For more information call Audrie on 020 8471 0223

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Road, E6, unless specified

Monday 11 July, 8pm,

Council, Council Chamber

Tuesday 12 July, 7pm,

Children and Young People Scrutiny Commission, Committee Room 1

Tuesday 12 July 7pm,
Crime and Disorder Scrutiny Commission, Committee Room 2

Monday 18 July 6pm,

Standards Committee, Committee Room 2

Tuesday 19 July 7pm,

Strategic Development Control Committee – Conference Room, Old Town Hall E15

Wednesday 20 July, 7pm,

Audit Board, Committee Room 1

Thursday 21 July,

3.30pm, Newham Partnership Board – Council Chamber, Newham Town Hall, East Ham E6

Thursday 21 July, 5pm

Cabinet– Council Chamber

MEET THE MAYOR

Mayor's Surgeries

Monday 11 July, 9.30-

10.30am, Canning Town Local Service Centre, 3 Beckton Road, E16

Tuesday 19 July, 5-6pm,

Newham Town Hall, Barking Road, E6

USEFUL NUMBERS

020 8430 2000

Hundreds of services, just one number – for all council enquiries

For questions about councillor surgeries or to find out which ward you live in, call 020 8430 2000 or visit www.newham.gov.uk/yourcouncillor

Write to the Mayor at Newham Town Hall, Barking Road, London, E6 2RP or email mayor@newham.gov.uk

For information about Community Forums freephone 0800 519 4015 or email community.forums@newham.gov.uk

For information about the 2012 Games and how it will affect Newham, visit www.newham.gov.uk/2012Games

To report anti-social behaviour call Newham's 24-hour hotline on 0800 731 3300

To speak to the Newham Mag team, call 020 8430 2000 or email newham.mag@newham.gov.uk

Saturday 23 July, 9-10am, Manor Park Local Service Centre, 685-689 Romford Road, E12

Arrive promptly at the start of the surgery.

Telephone Surgery

Wednesday 13 July

Residents can call 020 3373 8444 between 9.30am and 10.30am and speak directly to Sir Robin.

A SHED LOAD OF FUN

A free festival of art, music, film, fashion – and sheds – is taking place across Stratford on Sunday 24 July.

At least 14 sheds with something for everyone make up SHEDspace, the first event presented by arts consortium Stratford Rising and supported by Stratford Renaissance Partnership and Newham Council.

Between noon and 6pm follow the shed trail and discover something new in each of these unique pop-up venues. Enjoy a range of experiences from blogging about the Olympics at the Media Hub shed to contributing to a public art project with artist Thurlie Wright.

You can watch performances at a specially constructed Victorian toy theatre shed, take part in the miniscule Olympics, get fashion advice, watch a fashion show at the fashion shed and take part in a clothes swap-shop and swishing event. There are also stories from the Discover Centre's shed, food from across five continents and music.

For more information visit www.stratfordrising.com/shedspace



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UNIVERSITY OF LONDON

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Change your mind about university

It's okay to change your mind. We've been changing minds for years. We are specialists in evening teaching, and help people fit study into busy lives here in east London. Think you can't afford it? Speak to us first. We help hundreds of students with financial support every year.

So, if you think university is for you, think Birkbeck.



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020 7631 6316

London's evening university

**Open Evening:
Thurs 28 July**

the Mayor's Newham Show

FREE

Saturday 16 & Sunday 17 July

12noon-6pm
Central Park, High Street
South, East Ham E6

Fantastic family fun with
a real beach, donkey
rides, fairground
attractions, Grow Your
Own competitions,
music and cabaret.

Plus the Newham
Carnival!

For more information call
020 8430 2000 or visit
[www.newham.com/](http://www.newham.com/summer)
summer

*Brought to you by the
Mayor of Newham*

No public parking, please use public transport. **Tube:** East Ham Station.
Buses: 58, 104, 101, 115 to Central Park 5, 147, 238 to Barking Road.
Disabled Parking, toilets and access. This event takes place on grass.
You may be searched as a condition of entry. No glass bottles or dogs.